



## COVID-19 Policy & Operating Procedures

Effective November 3, 2022

**Parents have the responsibility to ensure that their swimmers are physically well and in compliance with screening protocols before participating in NOVA activities. Individuals may not enter the building if they are feeling sick, with symptoms to include:**

- ✓ Indications of a fever or a fever of over 100.4 degrees
- ✓ Shortness of breath and difficulty breathing
- ✓ Sore throat
- ✓ Recent cough, headache, or unusual fatigue that cannot be attributed to a medically diagnosed condition (for example, allergies)
- ✓ Muscle ache not caused by exercise
- ✓ Loss of taste or smell, nausea, vomiting, or diarrhea

**Parent and swimmer responsibility also includes notifying the Lead Coach should a swimmer test positive for COVID-19 and complying with applicable NOVA isolation and quarantine guidelines, as appropriate.**

### **Masks, Social Distancing, Quarantine, and Isolation**

Swimmers, staff, families, and guests may choose to wear masks at any time in all NOVA facilities. In addition, good social distancing should be practiced when possible. Based on current CDC guidelines, the following are **quarantine and isolation policies** for all those over the age of 3.

### **Quarantine and Isolation following Close Contact Exposure (“Exposure”) or Positive Tests:**

- The quarantine and isolation policies are adopted from the CDC’s current guidelines found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html> and <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.
- Close Contact is defined by the CDC as living with a person or providing care for a person with COVID-19, having exposure to the respiratory secretions of a person with COVID-19, or being within 6 feet of a person with COVID-19 for a cumulative time of 15 minutes over a 24-hour period, with or without a mask. Based on data from previous positive cases reported to NOVA, the organization does not classify a swimmer, who swam in the same lane as a person who tested positive, as a close contact.
- Quarantine (if exposed): Day 0 is the date of Exposure.
- Isolation (if positive): Day 0 is the day the individual tested positive if asymptomatic **OR** the date that symptoms started. Day 1 is the first full day after symptoms developed or date of specimen collection.

	QUARANTINE	ISOLATION
<b>If exposed to COVID-19 (regardless of vaccination status)</b>	<p>No quarantine needed if asymptomatic</p> <p>Watch for symptoms, avoid travel, take precautions for 10 days after exposure.</p> <p>Get tested after day 5.</p>	<p>If symptoms develop, isolate immediately and get tested.</p> <p>Wear a mask when around others.</p> <p>See below.</p>
<b>If tested positive for COVID-19</b>		<p>If asymptomatic, isolate and stay home for at least 5 days after Day 0.</p> <p>If symptomatic, you may end isolation after 5 full days if you are fever-free for 24 hours without the use of fever reducing medicine and your symptoms are improving.</p> <p>If your symptoms persist, stay home until symptoms improve.</p> <p>See doctor if symptoms worsen.</p> <p>Take precautions and wear a mask until day 10.</p> <p>No travel for at least 10 days.</p>

### **Operational Procedures**

- Coaches and instructors will maintain daily attendance logs of swimmers.
- The facility will be cleaned daily.
- Hand sanitizer dispensers will be placed at all entrances and exits of NOVA facilities.
- Social distancing will be practiced whenever possible.

### **NOVA Responsibilities**

- The Lead Coach will speak with the COVID positive individual, or guardian(s) thereof, to confirm the diagnosis and verify the dates for the 1) onset of symptoms, 2) positive test result and 3) the day the swimmer may return to NOVA using the guidelines outlined above.
- In cases where a coach becomes aware that a swimmer was exposed to an individual who tested positive and would be considered to have had close contact under the CDC's definition, parents will be informed. For example, if a swimmer tested positive during or following a team travel trip, it would be assumed that roommates would have had close contact and parents would be notified.
- Should parents have questions or need additional information relative to their child's circumstances, Lead Coaches will respond to inquiries.

COVID-19 guidelines for swim meets will be determined for each meet and communicated in meet information documents sent out to participants, prior to each meet. NOVA's COVID-19 policy will be reviewed and revised as changes in CDC guidance and local conditions warrant.

**If any member of the NOVA community has a concern or question, please contact your Lead Coach or Head Coach.**